

**Westside YMCA
Pool Rules and Guidelines**

1. The Lifeguard has the authority to enforce any activity they deem unsafe or inappropriate for the pools.
2. Please take a soap shower before entering the pools.
3. Please remove shoes prior to walking on the deck
4. **Age Guidelines**
 - Children ages 0-4 must have an adult age 18 years or older in the water. Who shall be no more than an arms length from their child at any time.
 - Children age 5-7 must have an adult age 18 years and up sit pool side
 - Children age 8-10 years must have a parent in the building.
 - Children 11 and over can swim unsupervised
5. **Swim Test**
 - All children 10 years and under wishing to use the lap pool or slide must be swim tested.
 - The swim test shall consist of jumping in at the deeper end of the lap pool swimming ½ a length of the pool on their front rolling to their back and swimming the remaining ½ length of the pool on their back.
 - Children who pass the test will be given a bracelet to identify them as a swimmer.
 - Children who do not pass the test must stay in the shallow end of the lap provided they are 42 inches tall and can touch the bottom or the splash and play pool.
6. Only coast guard approved lifejackets are allowed. Children utilizing lifejackets must remain within arms length of an adult age 18 years or older at all times.
7. Walk at all times.
8. No diving in any pool.
9. Toys, balls, etc may be used at the lifeguard's discretion.
10. Flippers may be used by any participant in the Lap Lanes only at the Lifeguards discretion.
11. An adult may use Kickboards, Swim Instructional Float Belts, Bar Bells and other items used to instruct children for instructional purposes only. In the catch pool and Lap pool only. Swim Belts are allowed in Splash Pool.
12. No Food or Glass containers on deck

Lap Rules and Etiquette

1. Lap Lanes are for those ages 10 and up who wish to swim 25 yards non-stop. Walking is allowed in the lap lanes by those 18 years and up.
2. Lap swimmers may be asked to share or circle swim at the lifeguards discretion.
3. Lap swimmers can utilize Kickboards.
4. Please be conscious of those swimmers around you if you are circle swimming and you need to pass lightly touch the foot of the person in front of you. This is a signal for that person to stop at the end of the pool and allow you to pass.

Slide Rules

1. Children must be 42 inches tall to go down the slide.
2. Children under 10 must be swim tested prior to going down the slide.
3. No floatation devices allowed on the slide.
4. Participants must lie on their back or sit on their bottom. No turns, or twisty moves. No head first entries into the catch pool.

Whirlpool Rules

1. The Whirlpool is for those who are ages 13 years and up.
2. All persons should limit their stay to 15 minutes
3. All persons shall take a soap shower prior to entering the whirlpool
4. All person must have proper bathing attire. The lifeguards have the authority to ask any person who is not wearing proper bathing attire to leave the whirlpool.
5. All person shall enter and exit by the stairs.
6. Persons who are on medication for high blood pressure, heart disease, or pregnant shall refrain from using the whirlpool.
7. Persons shall refrain from submerging their head in the whirlpool.